

ORGAMITES®

MIGHTY EDUCATION PROGRAMME

DISCOVER MORE AT ORGAMITES.CO.ZA

6. ADDITIONAL TEACHER RESOURCES

TOOLKIT 1: MIGHTY ME

ALL ABOUT ORGANS



IN PARTNERSHIP WITH

live life
give life

ONASSIS
FOUNDATION

SATS

tell
Transplant Education for Living Organs

Giving to help others

Canadian Blood Services
BLOOD PLASMA STEM CELLS ORGANS & TISSUES

Organ Donation Northern Ireland

HSC Public Health Agency

BTS
British Transplantation Society

ESOT

WE BELIEVE TEACHERS CAN CHANGE THE WORLD

If you're a teacher, you're already a hero in our books. But did you know that your class is full of undercover superheroes? Hiding in plain sight, every one of your students possesses a set of incredible organs. These magnificent parts not only keep them alive and healthy – but could save other lives one day too.

The problem is – hardly any kids (or parents) know this.

As the only organ donation and health education programme of its kind, the Organites are here to change all that – breathing new life and lightness into our kids' awareness and appreciation of their health and organs.

WHY TEACH CHILDREN ABOUT ORGAN DONATION?

Around the world, there's a critical shortage of life-saving organs, especially for children. In fact, kids tend to wait two and a half times longer than adults. Many die waiting. Only through widespread education and awareness initiatives can we hope to decrease waiting lists and save lives, but it doesn't stop there. According to the World Health Organisation, there are several major crises facing the next generation. Most are health-related. Solving them starts with education, and all of us (teachers, healthcare professionals, policy makers, parents and guardians) working together for the good of kids everywhere.

WHO ARE THE ORGAMITES?

A team of nine life-saving organs found in each one of us, the Organites are known as the 'mighty organs' because they represent the organs most needed for donation and transplantation.

Through an ever-growing range of fun, educational resources for children aged 5 to 11, the Organites are on a mission to inspire and equip more students, teachers and families everywhere to talk more about organ donation and to take better care of their bodies, each other, and our world.

HAVE YOU REGISTERED FOR ORGUST?

Orgust, formerly known as August, is our 'National Organ and Tissue Awareness Month,' a month of activities, activations, and events all dedicated to promoting organ donation education among children, teachers, and families the world over.

By highlighting the importance of organ donation and encouraging more people to consider organ donation, we hope to create a worldwide movement that will impact generations to come and save countless lives too.



CASE STUDIES

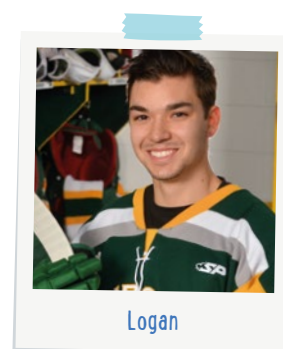
Here's a collection of stories based on real people. Break your class into smaller groups and ask students to read through one or all of the case studies, then discuss the following questions within their groups or as a class:

- **What kind of donation did this person receive or give?**
- **How did the recipient's life change after the transplant?**
- **How do you think the donor, or family of the donor, might feel?**

Organ donation happens at a time of great sadness. Teams who help families at times like this, will ask them what the person might have wanted to happen in the eventuality of something bad happening to them.

It really helps to have talked about it.

In Canada, the situation of a young boy, Logan, helped raise awareness about donation after a tragic bus accident with his hockey team killed fifteen people, and severely injured thirteen others. The donation of Logan's strong heart, lungs, liver, kidneys and corneas saved the lives of five people and restored sight for two more. Logan had told his Dad that he wanted to be an organ donor. So, in the midst of their grief, his family said 'yes' to Logan being an organ donor.



Logan

South Africa has many similar stories of children being able to help others. **We just don't talk about it enough.**

Storm's Story: Lisa, the mum of her only son Storm, was from Riviersonderend, a small town in the Western Cape. She was asked to give permission to allow her son to be an organ and tissue donor when he was brain dead after a tragic accident. She knew her son always wanted to help people. At school he was a rugby medic, and was a lifeguard at Stilbaai in the holidays. They had talked about what she would like to happen when she passed one day. Lisa had said to Storm she wanted her organs to be donated and not cremated. After a number of questions and answers, he said that would be his wish as well. Among the organs donated from Storm were his lungs, and they were given to a young boy of the same age called Andries. Two years later, and because they both wanted to meet, Lisa met Andries's mum Anna-Mart, and they became friends!



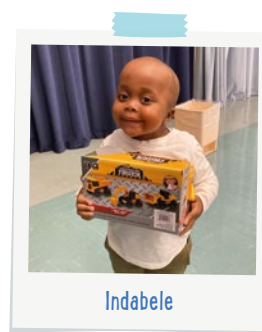
Storm

Jack's Story: Jack was only eight when his life came to an end, but he was a hero, say his family and school friends. When their son was declared brain dead, his heartbroken parents agreed that he could be an organ donor. Jack's classmates at Eversdal Primary School in Durbanville, paid tribute to their classmate's heroism with a Superhero Day at school, which saw them all dressing up as their favourite characters, to celebrate Jack's life.



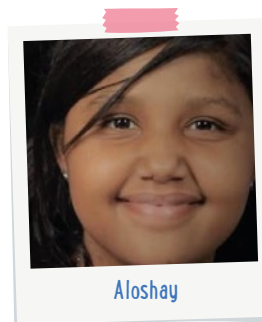
CASE STUDIES

Indabele's Story: Indabele was only five months old when his yellow eyes and dark urine were found to be indicators of liver failure. He was too old, and his liver was too damaged, for corrective surgery, and his only hope was a liver transplant. At two years old, and weighing just twelve kilograms, he had a liver transplant from a kind person who handed on the gift of life by donating their liver after they had passed on. (They also donated other organs to people in need). Indabele, now four years old and weighing in at eighteen kilograms, is grateful for the family who gave permission for those organs to be donated. Indabele is super-healthy, energetic, loves playing soccer, and is looking forward to starting school with his friends.



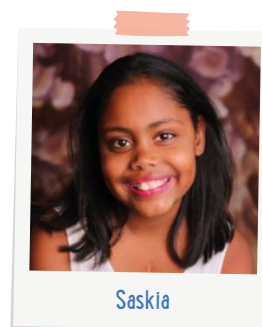
Indabele

Aloshay's Story: Aloshay was born with a condition where the pipes inside her liver get blocked. This disease often needs a liver transplant, as this is the only way to have a chance of surviving. Alo spent the first two years of her life in and out of hospital until a liver was donated by the kind family of a child who had just died. She has recently turned 15 and is currently achieving with excellence at her school.



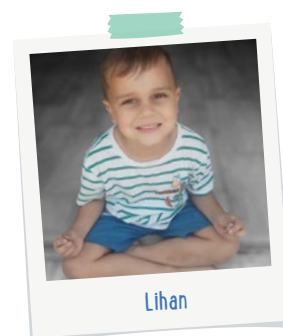
Aloshay

Saskia's Story: Saskia was diagnosed with an enlarged and weak heart when she was 11 years old. Two months later, despite being severely medicated, her heart stopped completely while she was on her way to the hospital. She needed 20 minutes of resuscitation for her heart to start working again. She was incredibly lucky, but her only chance of survival was a heart transplant with a correctly sized heart. After living for months in hospital while on the national 'urgent' waiting list, she received a new heart, a few months after her 12th birthday, from someone who didn't need theirs anymore. Saskia is no longer short of energy and is back at school. She does ballet as she did before.



Saskia

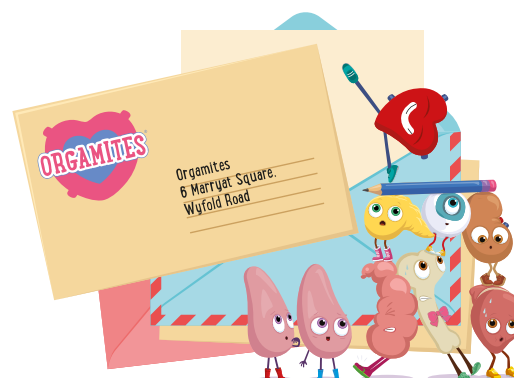
Lihan's Story: Lihan was born with a rare condition which affected his kidneys. By the time he was two years old, Lihan needed to use a machine to clean his blood, as his kidneys were not working very well. Lihan received a transplant from his father when he was two and a half years old. Luckily for Lihan his father was fit and healthy enough to give him one of his two kidneys. It was a tight squeeze. Not everyone who needs a transplant has someone in their family who is able to safely donate an organ to them.



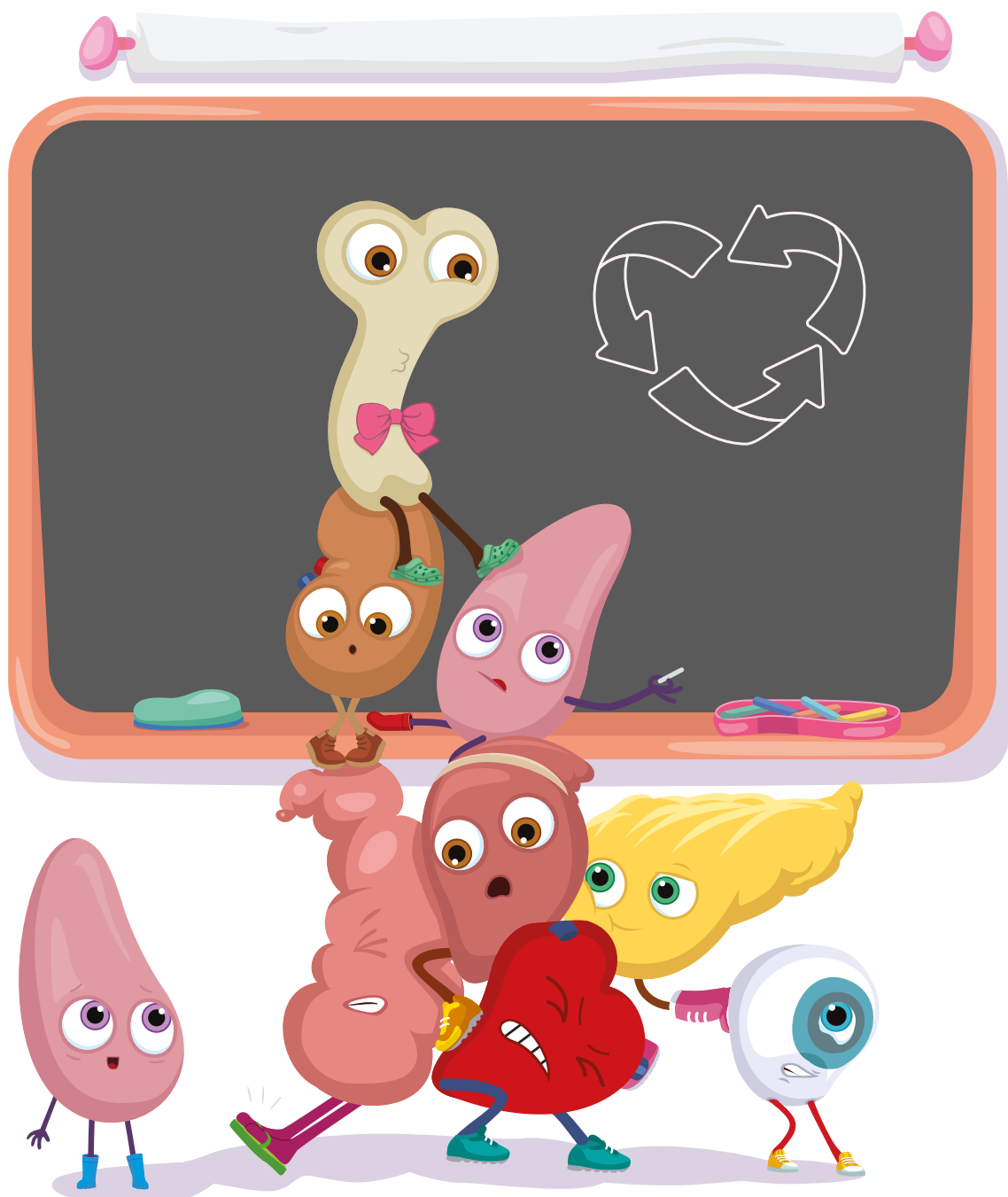
Lihan

Extra Credit: A thank you letter!

Imagine you are Indabele, Aloshay, Saskia, or Lihan and write a letter to the family who gave you the gift of life. Thank them for their kindness and share how much their donation has changed your life. Let them know what you can do now that you couldn't before and how grateful you are. Remember, they lost someone very special, so be kind and let them know their loved one's gift will always be remembered.



CLASSROOM GAMES AND ACTIVITIES






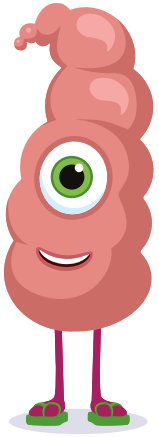


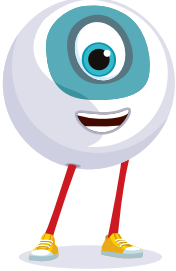


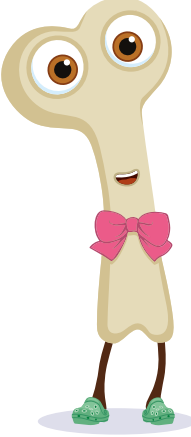


ORGAMITES[®]
MIGHTY EDUCATION PROGRAMME

MATCHING CARDS:

Page 1 of 2

Divide the class into small groups. Print out one set per group of students, then cut it up into cards. Give each group the cards and challenge them to match each organ to its description/function.

<p>Small, but long, this organ measures roughly 6m end to end! He is always thinking about food and absorbs the nutrients from what we eat and drink.</p> <p>?</p>	<p>A little quieter than the others, this organ makes two important enzymes to break down food and hormones to needed control blood sugar levels.</p> <p>?</p>	<p> PANCREAS </p> <p></p>
<p>Small, but long, this organ measures roughly 6m end to end! He is always thinking about food and absorbs the nutrients from what we eat and drink.</p> <p>?</p>	<p> SMALL BOWEL (SMALL INTESTINE) </p> <p></p>	<p>This guy holds the team together. He makes blood cells, like red blood cells but he is not an organ.</p> <p>?</p>
<p> EYE (CORNEA & SCLERA) </p> <p></p>	<p>Observant, this ball-shaped organ lets in light, and sends messages to our brain, which allow us to see.</p> <p>?</p>	<p> BONE (CAPTAIN MARROW) </p> <p></p>

MATCHING CARDS:

Page 2 of 2

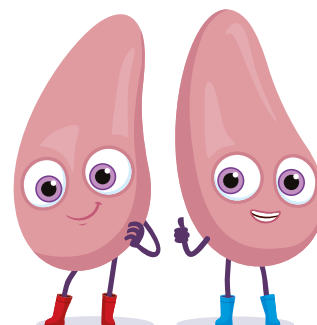
For a slightly harder level, turn all the cards face-down and spread them on a table to play a different version of 'Snap!' Played in groups of two, each person has a chance to turn just two cards. Players can only keep the cards if they match the right description with the right organ. When there are no more cards to pick up, the player with the most cards wins.

These organs always stick together. They transport oxygen from the air you breathe into your bloodstream, and take away carbon dioxide when you breathe out.

?



LUNGS
(LEFT & RIGHT)



Most people have two of these bean-shaped organs. They focus on cleaning, and their most important job is filtering waste products from the blood.

?



KIDNEY

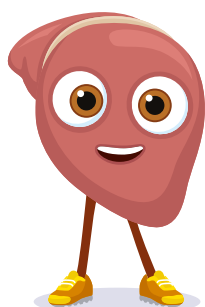


This organ does everything with a steady rhythm. He acts as a powerful pump to move blood around the body.

?



LIVER

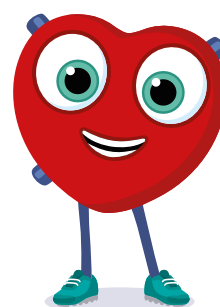


Always busy, this organ has more than 500 different functions! Most importantly, she cleans the blood.

?



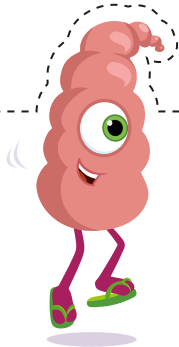
HEART



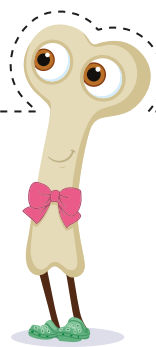
THE WORD GAME

Can you choose an organ or body part to describe to your partner?

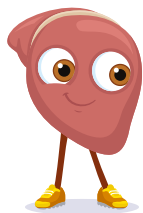
You must describe your chosen body part without using the name of the body part or the words on the card. Choose your difficulty level: **Hard** | **Harder**



SMALL BOWEL
Small intestine
Digestion
Food



CAPTAIN MARROW
Bones
Blood
Stem cells



LIVER
Multi-tasker
Cleans
Blood



EYE
See
Cornea
Vision



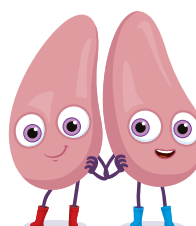
PANCREAS
Food
Enzymes
Pear-shaped



HEART
Blood
Pump
Beat



KIDNEY
Clean
Two
Bean-shaped



LUNGS
Breath
Chest
Oxygen

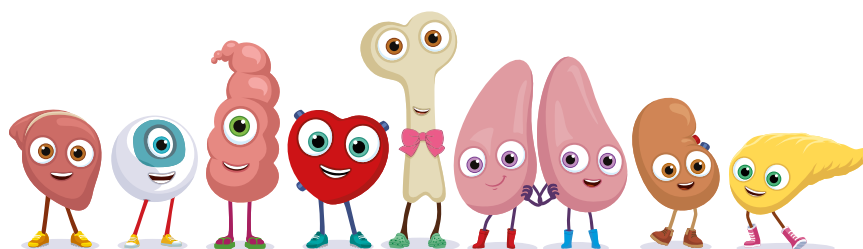
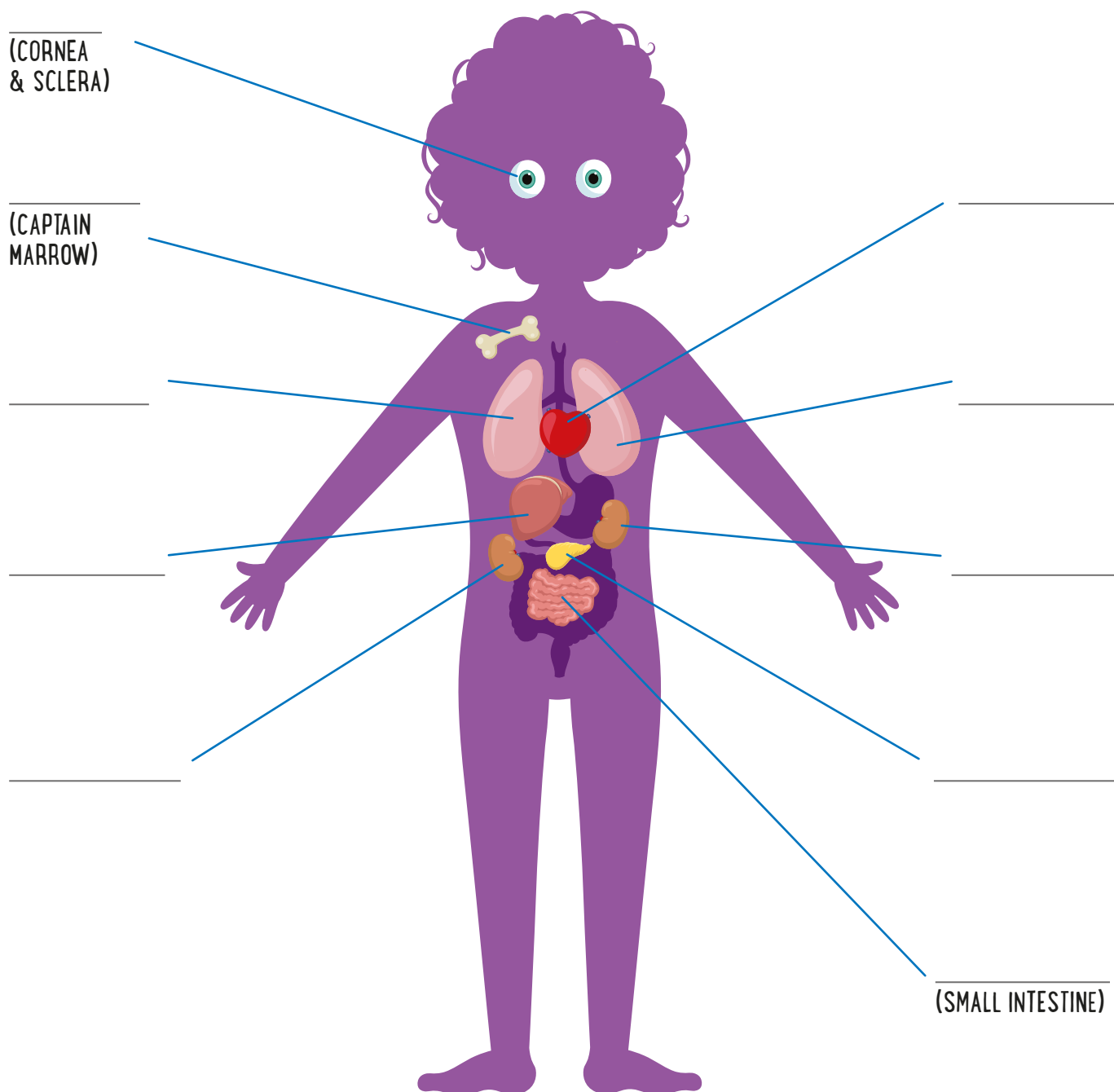


KNOW YOUR MIGHTY PARTS - OFF BY HEART!

ORGAMITES®

MIGHTY EDUCATION PROGRAMME

DISCOVER MORE AT ORGAMITES.CO.ZA



DO YOU KNOW WHERE YOUR MIGHTY ORGANS GO?

ORGAMITES®

FAMILY TREE

GROW YOUR OWN FAMILY TREE!

[illegible]

THE MIGHTY ORGANS

COLOUR
US IN!



IT'S WHAT'S
INSIDE THAT
COUNTS



ARTIST: _____

AGE: _____

For best results, print this
Organites Pop-up Poster on:
170-250 gsm card stock.



IT'S WHAT'S INSIDE THAT COUNTS

ORGAMITES
DISCOVER MORE AT ORGAMITES.CO.ZA

FOLD HERE



FOLD HERE

DOUBLE
SIDED TAPE
OR BLU-TACK

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programme created by Roydon Turner. Creative and production
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Discover more at Organites.com

DOUBLE
SIDED TAPE
OR BLU-TACK

FOLD HERE



FOLD HERE

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IT'S WHAT'S INSIDE THAT COUNTS

ORGAMITES

ORGAMITES®

COIN WATER POLO

For best results, print this on 170-250gsm paper stock.

How to play: Select a worthy opponent; this could be a friend, a family member, or even a professional water polo player! Secure your pop-up Organites goals at one end of a long, smooth table. Please ensure that the goals are positioned at least 1 meter away from the edge of the table (the further they are, the more challenging the contest becomes). Then, take turns flicking the coin so that it glides smoothly across the table and through the designated gap to score a goal. The first person to score 8 goals wins the game. For more fun, educational tools and resources, please visit: Organites.co.za

Did you know that one organ donor can save up to 8 lives?



Organites® is an organ donation education and awareness programme created by Roydon Turner.
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ORGAMITES®

IT'S WHAT'S INSIDE THAT COUNTS



ORGAMITES®

MIGHTY PLEDGE

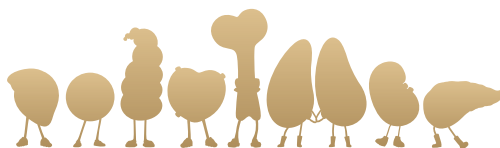
Our world is precious, and fragile too
I commit to look after it and take the long view...
I'll try to recycle and put litter in bins,
I'll upcycle too and reuse my things.

Every person is special, whether old or young
We all just want love so I honour each one.
I'll treat all the people I meet with respect every day
And be as kind as can be in my own unique way.

My body is mine and it's perfect for me
So I'm thankful for it, I'm as proud as can be.
I pledge to look after it and to be kind to each part
From my head to my toes, from my kidneys to heart.

And if one day, these parts I don't need,
You can pass them along as my final good deed.
After all, it's not outside looks or clever tricks that truly astound,
We're all beautiful and precious - it's what's inside that counts!

NAME OF PLEDGER



DISCOVER MORE AT ORGAMITES.CO.ZA



SIGN HERE WITH
A PINKY PRINT 

WHAT NEXT?

Teachers have access to a variety of 'Additional Teacher Resources' to enhance the learning experience and drive the message home: Films, Colouring-In Sheets, Classroom Posters, Case Studies, fun activities and more! Choose any or all of them, print them out or upload them onto your whiteboard.

Object Lessons: Toolkit 1 (PDF 7)

To help kids really appreciate their mighty organs (and remember why and how they work for the rest of time) we've created a series of fun and interactive object lessons (one for each of the mighty organs).

Family Resources (PDF 2)

To get families talking more about what really matters, please send this important 'booklet' or PDF, to all parents and guardians on the same day you introduce the Orgamites to your class (print it or email it to them).

Mighty Pledge Certificate and Classroom Poster

This is our mighty manifesto. It's a call to all to be kinder to yourselves, other people and the planet we all share. Consider making the Mighty Pledge together, and then making a poster for the classroom wall.

Have you discovered Toolkits 2 and 3?






Although self-standing, our toolkits sequentially build upon one another. **Toolkit 2: Mighty Habits**, offers the best information available on how to practically form the healthy habits that lead to a healthy, happy and long life (at any age). **Toolkit 3: Mighty Kind**, seeks to show people how powerful their small, individual choices can be—inspiring them to change the world through kindness.

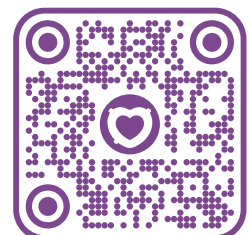
Got questions or ready to share your Orgamites art?

For any questions, to share your art with us, to enquire about a Golden Heart Award for your school, or to download free Orgamites resources, visit: [Orgamites.co.za](https://orgamites.co.za)

YOUR INPUT MAKES A BIG IMPACT!

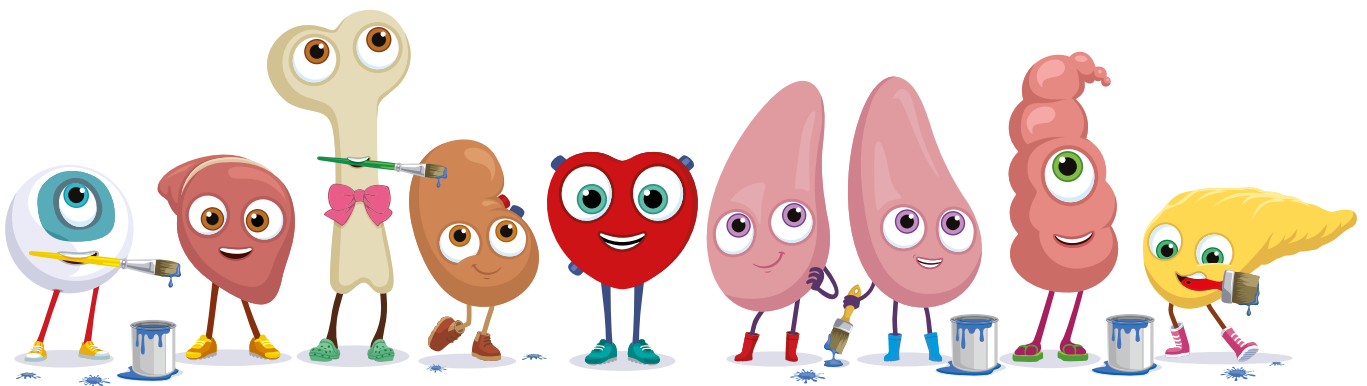
If you've introduced the Orgamites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to...

-  1. Know Your Mighty Parts (off by heart)
-  2. Know Your Options
-  3. Share Your Choice
-  4. Take The Mighty Pledge
-  5. Be Your Mighty Self!



[Orgamites.co.za](https://orgamites.co.za)

IT'S WHAT'S INSIDE THAT COUNTS!



All Good Co.

A COMMUNITY INTEREST COMPANY

It's all good at AllGoodCo.org